



CORN, WHOLE KERNEL, LOW-SODIUM, CANNED

Date: July 2009

Code: A119

PRODUCT DESCRIPTION

- Canned corn is U.S. Grade B.
- Canned corn is a low-sodium food.
- The kernels are golden or yellow.

PACK/YIELD

- Each can contains about 15 ¼ ounce, which is about 3 servings (½ cup each) after cooking and draining.

STORAGE

- Store unopened corn in a cool, clean, dry place.
- Store remaining opened corn in a tightly covered container not made from metal and refrigerate.
- Look at the “Best if used by” or “Best by” date on the can.
- For further guidance on how to store and maintain USDA Foods, please visit the FDD Web site at:
<http://www.fns.usda.gov/fdd/facts/biubguidance.htm>.

PREPARATION/COOKING

- Canned products are fully cooked, so it is safe to eat them without cooking.
- If heated, serve right away or refrigerate leftovers in a container not made from metal.

USES AND TIPS

- Serve canned corn heated as a side dish or use in a variety of main dishes, soups, stews, stuffing, relishes, and salads.
- Combine corn with lima beans to make succotash.
- Add variety to corn by mixing with one or more other vegetables such as tomatoes, green peppers, or onions.

NUTRITION INFORMATION

- ½ cup of corn counts as ½ cup in the MyPyramid.gov Vegetable Group. For a 2,000-calorie diet, the daily recommendation is about 2 ½ cups of vegetables.
- ½ cup of corn provides 10% of the daily recommended amount of vitamin C.

FOOD SAFETY INFORMATION

- If the can is leaking or the ends are bulging, **throw it away**.
- If the canned food has a bad odor or liquid spurts out when the can is opened, **throw it away**.

OTHER RESOURCES

- www.nutrition.gov
- www.commodityfoods.usda.gov

NUTRITION FACTS

Serving size: ½ cup (82g) corn, low-sodium, canned, drained

Amount Per Serving

Calories	70	Calories from Fat	5
% Daily Value*			
Total Fat 1g			2%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 140mg			11%
Total Carbohydrate 15g			5%
Dietary Fiber 2g			8%
Sugars 2g			
Protein 2g			
Vitamin A 0%		Vitamin C 10%	
Calcium 0%		Iron 4%	

*Percent Daily Values are based on a 2,000 calorie diet.

HARVEST CORN CHOWDER

MAKES ABOUT 7 SERVINGS

Ingredients

- ½ cup onion, chopped
- ½ cup celery, chopped
- ½ teaspoon thyme (if you like)
- 1 tablespoon margarine
- 1 medium potato, peeled and diced
- 2 cups low-fat milk
- 1 can (15 ¼ ounces) low-sodium corn, drained
- 1 can (14 ¾ ounces) low-sodium cream style corn

Directions

1. In medium saucepan, cook onion and celery in margarine until tender. If using thyme, add that too.
2. Add potato; cook and stir for 2 minutes.
3. Add low-fat milk.
4. Cover and simmer on low heat 15 minutes or until potato is tender.
5. Stir in both cans of corn; heat through.

Nutrition Information for 1 serving (1 cup) of Harvest Corn Chowder					
Calories	160	Cholesterol	5 mg	Sugar	8 g
Calories from Fat	30	Sodium	227 mg	Protein	6 g
Total Fat	3 g	Total Carbohydrate	31 g	Vitamin A	90 RAE
Saturated Fat	1 g	Dietary Fiber	3 g	Vitamin C	15 mg
				Calcium	100 mg
				Iron	1 mg

Recipe provided by DelMonte.com.

FIESTA CORN AND BLACK BEAN SALAD

MAKES ABOUT 4 SERVINGS

Ingredients

- 1 can (15 ¼ ounces) low-sodium corn, drained
- 1 can (15 ounces) black beans, drained
- ½ cup onions, chopped
- 1 can (14 ½ ounces) unsalted tomatoes, diced or chopped, drained
- 1 can (4 ounces) green chiles, drained, diced
- 2 tablespoons vegetable oil
- ½ teaspoon ground cumin (if you like)
- ¼ cup chopped cilantro, for topping (if you like)
- Lime juice, to taste, for topping (if you like)

Directions

1. Combine all ingredients in medium bowl and mix. If using cumin, add that too.
2. If using cilantro and lime juice as a topping, shake cilantro over the top of the salad. Squeeze lime juice over the top of the salad

Nutrition Information for 1 serving (½ cup) of Fiesta Corn and Black Bean Salad					
Calories	150	Cholesterol	0 mg	Sugar	24 g
Calories from Fat	40	Sodium	445 mg	Protein	5 g
Total Fat	5 g	Total Carbohydrate	24 g	Vitamin A	90 RAE
Saturated Fat	0 g	Dietary Fiber	5 g	Vitamin C	15 mg
				Calcium	24 mg
				Iron	2 mg

Recipe adapted from DelMonte.com.